

PSHCE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	My Feelings Identifying and describing feelings Coping strategies	Special relationships Special people Sharing Similarities and differences	Taking on challenges Rules Team work Circus skills	Listening and Following instructions	My family and friends Festivals Good friends Teamwork	My wellbeing Looking after ourselves Healthy eating Exercise
Year 1	Family and relationships Family Friendships Emotions	Health and wellbeing Emotions Healthy habits Personal hygiene	Citizenship Rules and democracy Needs of others	Economic wellbeing Money Banks and saving Jobs in school	Identity Empathy Sharing Stereotypes	Safety and Changes in the Body Adults around me and how they can help Appropriate contact Safety with substances
Year 2	Family and relationships Family Friendships Manners	Health and wellbeing Mental health and feelings Resilience Oral health	Citizenship Rules Local community Giving my opinion	Economic wellbeing Money Needs and wants Skills and talents	Identity Stereotypes Online safety Perseverance	Safety and Changes in the Body Appropriate contact Boundaries Road safety
Year 3	Family and relationships Family Friendships Respect and bullying	Health and wellbeing Healthy lifestyle Resilience Communicating feelings	Citizenship Rights and responsibilities Environment Local community	Economic wellbeing Money and budgeting Career and jobs	Identity Stereotypes Online safety	Safety and Changes in the Body First aid Changes and influences
Year 4	Family and relationships Friendships Family life Respect and bullying	Health and wellbeing Mental health and emotions Resilience Oral health	Citizenship Human rights Local Community	Economic wellbeing Concept and use of money Career choices	Identity Stereotypes Online safety	Safety and Changes in the Body First aid Pre-puberty changes Tobacco and its risks
Year 5	Family and relationships Friendships Family life Respect and bullying	Health and wellbeing Relaxation Life goals and failure Feelings Healthy lifestyle	Citizenship Law and Parliament Rights and responsibilities Protecting the planet	Economic wellbeing Money and budgeting Needs and wants Career routes	Identity Stereotypes Online safety	Safety and Changes in the Body Alcohol and its risks Changes during puberty Menstruation First Aid
Year 6	Family and relationships Respect: what is it and how to show it Stereotypes Grief and loss	Health and wellbeing Life goals Healthy lifestyle and emotions Resilience in challenging situations	Citizenship Human rights Prejudice and discrimination Government: how it works	Economic wellbeing Money and gambling Career routes and workplace	Identity Body image Social media and its impact on relationships Responsible consumer of online content	Safety and Changes in the Body Alcohol and its risks Changes during puberty Conception, pregnancy and birth First Aid